

It's Never Too Late to Quit Smoking!

Here's why...

Within 20 minutes

- Blood pressure decreases to normal
- Heartbeat stabilizes
- Temperature of hands and feet increase to normal

Within 8 hours

- Carbon Monoxide level in the blood decreases to normal
- Oxygen level in the blood increases to normal
- Mucus begins to clear from the lungs improving breathing

Within 24 hours

- Chance of a heart attack decreases

Within 48 hours

- Sense of smell and taste improve
- Nerve endings begin repairing

Within 3 months

- Circulation improves
- Walking becomes easier
- Lung function improves
- Immune system improves

Within 9 months

- Coughing, sinus congestion, wheezing, fatigue and shortness of breath decreases
- Cilia regain normal function in the lungs, increasing the ability to handle mucus and clean the lungs

At 1 year

- Risk of coronary heart disease is lowered to half that of a smoker

At 5 years

- Risk of stroke is reduced to that of a person who has never smoked

At 10 years

- Risk of lung cancer drops to half that of a current smoker
- Risk of a mouth, throat, esophagus, bladder, kidney and pancreatic cancer decreases
- Risk of ulcers decreases

At 15 years

- Risk of coronary heart disease is similar to those who have never smoked
- Risk of death returns to similar level to those who have never smoked

Tobacco Prevention and Cessation Commission~ www.in.gov/isdh/tpc ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net